

Prepare for an exciting career as a Peer Support Specialist. Learn to help people in recovery further their recovery and lead healthy, happy, and productive lives.



Training Department
928-460-4411
tnazcare@nazcare.org

For additional services and Wellness Center locations, visit our website at:

www.nazcare.org

Administrative Office
599 White Spar Rd.
Prescott, AZ 86303
Phone: 928-442-9205

Complaints number
1-800-640-2123

Compliance for Fraud and Abuse
928-214-1178

SMI Client Rights
1-877-923-1400

Cenpatico's Crisis Line (Nurse Wise)
1-866-495-6735

For hearing impaired, please use the Arizona Relay Service at 711 or (800) 367-8939, or find internet assistance at <http://www.azrelay.org/>



As a 501(c)3 non-profit organization, your contributions are gratefully accepted and are tax deductible.



El Bienestar Wellness Center

**A Place to Discover and
Embrace Recovery**

100 E 24th St
Yuma, AZ 85364
(928)783-4253

El Bienestar Wellness Center

Our Vision

Our vision is to assist and empower all people in discovering and embracing recovery and wellness.

Our Mission

Our mission is to provide quality wellness services to individuals and families with mental, co-occurring, and Substance use disorders in order to promote recovery and wellness.



El Bienestar is located in the heart of Yuma. We have been providing services to adults and their families with mental, co-occurring, and substance use issues to promote recovery and wellness in Yuma since 2013. El Bienestar is a community-based center meeting the community's needs and providing services including recovery support services and peer support.



El Bienestar is one of NAZCARE's several Peer Support Training sites and the only one to offer this training in Spanish. The center participates in outreach activities throughout Yuma and has been featured on 95.1 KTTI's Desert Digest.

Services include

- One-on-one Peer Support
- Education on monitoring skills
- Wellness Planning/Whole Health Management
- Recreational Activities
- Arts/Crafts
- Exercise
- Diet/Nutrition
- Socialization
- Life Skills
- Employment Readiness
- Support Services
- Community Integration
- Peer Whole Health/Wellness Checks
- In-Home Living Skills
- SMART (all addictions) Recovery
- Integrated Wellness